

**CLAIMS**

1. A method of forming an electrical coil which comprises forming the required coil pattern in a sheet of electrically conductive material by cutting or  
5 punching.
2. A method according to claim 1 wherein the pattern is punched from the sheet.
- 10 3. A method according to claim 2 wherein the pattern is punched using a CNC punch or stamping machine.
4. A method according to claim 1 wherein the pattern is cut using a laser or a water jet.
- 15 5. An electrical coil whenever made by a method according to claim 1.